

PHYSICAL THERAPY INTENSIVE



The PT Intensive Program is 3 hours per day, 5 days per week and may be either two or three weeks. The program is tailored to the child's needs and parent goals.



The intensive sessions begin with preparation time which may include moist heat, myofascial release, ROM and stretching to help prepare muscles for activity. The session will then progress to include exercises and/or activities to increase muscle strength and endurance. Mat activities are incorporated for postural stability and to improve basic mobility skills. The program then progresses to use various exercise equipment not typically found in traditional therapy centers.



TYPES OF EQUIPMENT

TOTS uses a full range of specialized equipment that are used throughout the intensive program. A list of these include:

- LiteGait
- Therasuit®
- Universal Exercise Unit (UEU)
- Galileo Vibration Plate
- MOTOMed
- Walkers (Crocodile, Kaye)
- Gait Trainers (Gait-way, Up N' Free)
- Adaptive Bikes (Freedom Concepts, Amtryke)



LiteGait

Partial Weight Bearing Gait Therapy is utilized if the child requires assistance to stand or walk. This device allows the child to be safely supported and assisted while walking on the floor or over a treadmill. This activity helps to train reciprocal movement and endurance for ambulation. These walking skills are then practiced using appropriate assistive devices to promote functional walking.



Therasuit®

The Therasuit® is a soft canvas suit with rubberized cords that are aligned to create a compressive load on the entire skeletal system. The combination of the arrangement of the cords and the load helps to improve postural alignment, promote strengthening, integrate primitive reflexes, and facilitate proper activation of movement patterns.



TOTS has four different sizes of the Therasuit® and can accommodate children from the size of a two year old up to the size of a mid -aged teenager



Who can benefit from the Therasuit®?

- Cerebral Palsy
- Developmental Delays
- Traumatic Brain Injury
- Post Stroke (CVA)
- Ataxia
- Athetosis
- Spasticity
- Hypotonia

Universal Exercise Unit (UEU)

The UEU is a piece of equipment that provides support to the child in various positions including sitting and standing utilizing bungee cords and a supportive belt that teaches balance and control in a fun and dynamic environment.



The UEU is also utilized for resistive exercises by using a system of pulleys and weights to promote flexibility, strength and isolated movement.



Galileo Vibration Plate

Vibration therapy is based on the natural movement of the body. The vibration plate provides oscillatory movements in which the amplitude and frequency are controlled by the therapist. As the platform moves side to side it facilitates alternating movement throughout the pelvis and trunk. The different frequencies of the vibration plate can help improve muscle power, force, flexibility and range of motion. A therapist may choose to position a child in sitting, standing or on their hands and knees on this platform depending on the needs of the child.



MOTomed

The MOTomed is a unique movement device that works on the arms and legs and can be utilized by a wide range of individuals. For those with increased tone and inability to isolate movements, the MOTomed can provide 100% of power to promote the smooth repetitive cycling movement. This movement reduces tone and increases range of motion. As the individual is able to participate more, the MOTomed detects their active movement and will reduce assistance. This will progress to the point in which the user is providing 100% of the power and the MOTomed is providing resistance for continued strengthening.





The MOTomed can adapt to perfectly fit any child. The MOTomed has a pedal distance that enables a training in axial alignment even with small hip width. The height adjustable pedals can be adapted easily to the child's body size and to the chair or wheelchair. The MOTomed has an upper extremity ergometer feature which can be used while sitting or standing.

We offer Intensive Programs at all three TOTS locations!

Dacula Location

1854 Auburn Rd., Ste. 101
Dacula, GA 30019

Gainesville Location

1100 Sherwood Park Dr NE
Suite 220 Gainesville, GA
30501

Brookhaven Location

2 Corporate Blvd. NE
Ste. 130
Atlanta, GA 30329

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